



More Than Food  
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## A Surprisingly Simple Roasted Duck with Spiced Lentils and Caramelised Apples

When we first started HelloFresh, we used to get all sorts of emails from people saying that they were 'scared' of fish. Whether Steven Spielberg related, or something to do with welding it to their frying pan, we soon knocked their phobia into touch with a few easy recipes. Next on our scary-food-hit list is duck - far more simple than you might believe! Our tip here is to leave the duck out of the fridge for 30 mins before you cook it, so it cooks evenly.

30 mins

2.5 of your 5 a day

mealkit

spicy



Red Chilli  
(1/4)



Carrot  
(1)



Apple  
(1)



Echalion Shallot  
(1)



Spring Greens  
(1/2 bag)



Flat Leaf Parsley  
(1/2 bunch)



Duck Breast  
(2)



Lentils  
(1 tin)




Vegetable Stock Pot  
(1/2)



Water  
(75ml)

## 2 PEOPLE INGREDIENTS

- Red Chilli, chopped **¼**
- Carrot, chopped **1**
- Apple, chopped **1**
- Echalion Shallot, chopped **1**
- Spring Greens, sliced **½ bag**
- Flat Leaf Parsley, chopped **½ bunch**
- Duck Breast **2**
- Lentils **1 tin**
- Vegetable Stock Pot **½**
- Water **75ml**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Lentils are rich in protein, fibre, iron and folate - so much goodness!

**Allergens:** Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt	<b>Vegetable Stock Pot Ingredients:</b> Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains <b>Sulphites</b> ), Stabiliser [Tara Gum], <b>Celery</b> Salt, <b>Celery</b> Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.
<b>Per serving</b>	365 kcal / 1504 kJ	11 g	2 g	34 g	20 g	35 g	3 g	
<b>Per 100g</b>	83 kcal / 344 kJ	2 g	1 g	8 g	5 g	8 g	1 g	



**1** Finely chop the **red chilli**. Peel and very, very finely chop the **carrot** (into ½cm cubes if your skills allow!). Peel and core the **apple** before chopping into 1cm cubes. Peel and finely chop the **shallot**. Cut the **spring green leaves** into roughly 1cm slices, discard the tough root. Finely chop the **parsley**.



**2** Melt a knob of **butter** (if you have some) in a non-stick frying pan on medium-low heat. **Tip:** *If you don't have any butter, use a splash of olive oil.* Toss in your **apple**, a sprinkle of **sugar** (if you have some) and a splash of **water**, place a lid on the pan. Allow to cook for 10-15 mins or until your **apple** has softened. **Tip:** *Remove the lid to thicken the caramelised apple in the last few mins.* When the 10 mins are up, take the pan off the heat and leave to the side with the lid on.

**3** Preheat your oven to 180 degrees and season the **duck** with **salt** and **pepper**. Cut three slices across your **duck skin** with a sharp knife and lay in a cold griddle pan skin-side down (just use a frying pan if you don't have a griddle pan). Cook on medium-low heat for about 7 mins or until the fat is crisp and golden. Transfer to a baking tray skin-side up and cook for 7 mins on the top shelf of your oven. **Tip:** *We like our duck pink, if you like it well done, cook it for 15 mins in the oven, if you like it rare, cook it for 5 mins in the oven.*



**4** While your duck is cooking, you can get on with the **lentils**. Put a frying pan on medium heat with a drizzle of **oil** and add your **chilli**, **carrot** and **shallot**. Cook for 5 mins until soft. Drain and thoroughly rinse your **lentils** before adding to the pan, together with the **vegetable stock pot** and the **water** (amount specified in the ingredient list).

**5** Cook for 3 mins, then take the pan off the heat. Cover with a lid and leave until it's time to serve.



**6** Once your **duck** is cooked, remove from your oven and leave it to rest for a few mins. **Tip:** *Leaving meat to rest on a warm plate, allows the juices to redistribute throughout the meat, so that every mouthful is nice and juicy.*

**7** Pour out all but a drizzle of **oil** from the pan you fried your duck in and pop on medium-high heat. Once hot, add your **spring greens** along with a pinch of **salt** and a good grind of **pepper**. Fry for 3-4 mins until your **spring greens** have softened.

**8** Stir your **parsley** through your **spiced lentils**. Serve your **duck** on top of your **spiced lentils** with a healthy dollop of your **caramelised apples** and your **greens** on the side.

**Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!**